ABSTRACT

A holographic multiplex recording method is provided in which remaining dynamic range in each recording area is made more uniform upon holographic multiplex recording. In this holographic recording method, a first-stage recording spot row RX_1 is formed by arranging recording spots RS in an X-axis direction without overlapping, and then a second-stage recording spot row RX_2 formed of the recording spots RS without overlapping in the X-axis direction is recorded in a position for shift multiplex recording in a Y-axis direction. This is repeated to form a Y-axis direction first multiplex recording spot matrix TYX_1. In this case, recording is performed to all recordable regions without shift multiplex recording in the X-axis direction. Subsequently, a Y-axis direction second multiplex recording spot matrix TYX_2 is formed in a position shift-multiplexed in the X-axis direction with respect to the first-stage recording spot row RX_1 initially recorded. The shift multiplex recording in the X-axis direction is performed in a similar manner up to a Y-axis direction last multiplex recording spot matrix TYX_n to thereby complete the recording.